

Toe Touch Corrections

1. [Spider Lunge with Hamstring Floss](#) 15/side
2. [Inchworm](#) 10x
3. [Wall Leg Lowering](#) 10/side
4. [Bodyweight Single Leg Deadlift](#) 20/side
5. [Incline Towel Crush Toe Touch](#) 10x
6. [Towel Crush Toe Touch](#) 10x

(Incline) Towel Crush Toe Touches:

Place a rolled up towel between your knees while your feet are together. Reach for your toes, once you feel a hamstring stretch, crush the towels with your knees and reach further for your toes.